

## Small for Gestational Age (AK 17-USDA 151)

### Explain to Participant

You're enrolled in the WIC program today because your child was born small for gestational age. This means that your baby did not get as big as expected before your delivery. Children born small for gestational age often have slower physical growth and slower mental development.

### Goal

The goal is to provide the best nutritional support for your infant/child's healthy growth and development. At each visit, we plot and follow your child's growth.

### Suggestions for Reducing Risk

Follow the recommendations of your infant/child's health care provider. Attend all recommended check-up appointments with your infant/child's health care provider.  
Refer participant to a Registered Dietitian (RD).  
Offer breastmilk or iron-fortified formula for the entire first year.  
Explain the nutrition education materials suggested.  
Explain infant feeding cues and practices.  
Avoid the temptation to force-feed your child.

Nutrition Education  
Material Suggested

### Explain Applicable WIC Foods

#### Food for Your Baby's First Year & Hot Foods For Cool Kids

##### WIC Foods

##### Nutrients Provided

Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Iron Fortified Infant Formula	Protein, Calcium, Vitamins A & C, Iron
Iron Fortified Infant Cereal	Iron

### Explain What the WIC Nutrients Can Do for You!

<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.

### Materials with More Information

Bright Future for Infants